The Latin words “hydro” meaning water, and “ponos” meaning labor makes up the term Hydroponics! Hydroponic plants are grown without soil, they require perfectly balanced pH, nutrient solutions as well as highly oxygenated water that is being delivered directly into the roots. This technique allows plants to be grown almost anywhere! Where might you try growing something hydroponically? Share with us on social media using the #MDKidsEatLocal!

There are a few Maryland farmers who grow different kinds of lettuces, microgreens, tomatoes, cucumbers and herbs in hydroponics conditions all year long.

Availability
YEAR ROUND